

CYCLE 1

Weekly Menu with Serving Sizes for One Age Group (Breakfast Served)

Agency name: RISE AND SHINE CHILDCARE CENTERS Ages: 1-2 Years Week of: 11/04/2024

Meal: **Breakfast** 11/04/24 11/05/24 11/06/24 11/07/24 11/08/24

Required Components: Fluid Milk, Vegetables/Fruits, Grains

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
Grain	1/2 oz WG Kix	1/2 Bagel	1/2 WG Toast	1/2 oz WG Cheerios	1/2 Waffle
Fruit/Vegetable	1/4 c Mandarin	1/4 c Blueberries	1/4 c Mixed Berries	1/4 c Peaches	1/4 c Applesauce
Fluid Milk (or yogurt/adults only)	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk
M/M/A substituted for grains					
Extra(s)					Sprinkle with cinnamon

Snack: AM Snack

Required to provide two different components

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
Grain	1/2 oz WG Cheerios	1/2 oz WG Toast	1/2 oz WG Crackers		1/2 oz WG Crackers
M/M/A					
Vegetable					
Fruit				1/2 c Peaches	
Fluid Milk (or yogurt/adults only)	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk
Extra(s)					

Meal: Lunch/Supper

Required Components: Fluid Milk, M/M/A, Vegetables, Fruits, Grains

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
Grain		1/2 Waffle	1/2 Bagel	1/2 oz WG Bread	1/2 oz WG Kix
M/M/A		1 oz Chicken	1 oz Cottage Cheese	1 oz Peanut Butter	1 oz Yogurt
Vegetable		1/8 c Broccoli	1/8 c Avocado	1/8 c Peas	1/8 c Mixed Vegetables
Fruit or Vegetable		1/8 c Carrots	1/8 c Blueberries	1/8 c Applesauce	1/8 c Peaches
Fluid Milk (or yogurt/adults only)		4 oz U W Milk	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk
Extra(s)					